

# EAT LESS FAT

It may lower your chances of getting some kinds of cancer.

## Here's How...

1

**Cut extra fat from your meat and throw the fat away.**



2

**Before you eat chicken, take off the skin and throw it away.**



3

**Use less fat to cook vegetables.**



Cut a piece of fat meat the size you normally use when you cook vegetables.



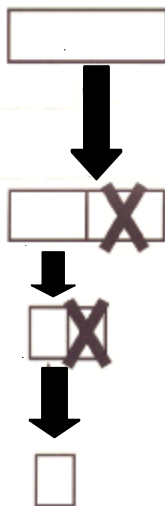
Then cut this piece in half.



Now cut it in half again.



Use only one piece of this fat meat to cook your vegetables. You will be using 1/4 the fat you usually use.



4

**Cook vegetables with:**



Fresh turkey parts without skin



Fresh garlic, onions, celery, and bell peppers



Lemon juice

5

**Pour the fat from the frying pan before you make gravy. Throw the fat away.**



6

**Broil, boil, bake, or pan broil your meat instead of frying it. This is how you pan broil it:**



Spray nonstick oil in the bottom of a frying pan. Let it get hot.



Put the meat in the pan. Do not add any more nonstick spray.



Turn meat often.



Pour the fat from the pan as the meat cooks. Throw the fat away.

## To Keep From Eating Too Much Fat...

- ✂ Try not to eat fried foods
- ✂ When fat cooks out of meat, pour it off, and throw it away
- ✂ Use leaner cuts of meat
- ✂ Limit your use of solid fats, such as butter and hard margarines
- ✂ Use vegetable oils as a substitute
- ✂ Choose fat-free or low-fat types of milk products
- ✂ Eat cooked dry beans, peas, and fish more often
- ✂ Use the Nutrition Facts Label (on food labels) to help choose foods lower in total fat, especially saturated fat

## What Is Your Limit On Fat?

Total Calories per Day	Saturated Fat in Grams*	Total Fat in Grams*
1,600	18 or less	53
2,000**	20 or less	65
2,200	24 or less	73
2,500**	25 or less	80
2,800	31 or less	93

\* These limits are less than 10% of calories for saturated fat, and 30% of calories for total fat.

\*\* Percent Daily Values on Nutrition Facts Labels are based on a 2,000-calorie diet. Values for 2,000 and 2,500 calories are rounded to the nearest 5 grams to be consistent with the Nutrition Facts label.

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